

Atma Vidya 200 Hour Yoga Teacher Training Programme

With Mark Kan and Gaia Bergamaschi

*The programme will be held in **English** and **Italian***

The programme starts in **October 2023** and concludes in **June 2024** and will be held for two days each month over nine consecutive months.

Programme dates

2023: October 7/8 November 11/12 December 2/3

2024: January 6/7 February 3/4 March 2/3 April 6/7 May 4/5 June 1/2

Hours: 08:00 - 18:00

Welcome to the Atma Vidya 200-hour Yoga Teacher Training Programme – where self-discovery and yogic wisdom converge to illuminate your path.

The **Atma Vidya 200-hour Yoga Teacher Training Programme** will take you on an inward journey of self-discovery where you will uncover the many layers of your being, deepen your knowledge of yoga and be guided towards a deeper understanding of your true self, cultivating a harmonious connection between mind, body, and spirit.

This 200 hour Hatha Raja Vinyasa Yoga Training Programme combines the experience of **Mark Kan** and **Gaia Bergamaschi**, two of Milan's leading yoga teachers who share more than 30 years teaching experience.

Atma Vidya is a Sanskrit term meaning **Knowledge of the Self**. It refers to the understanding of our true nature or inner self according to Indian philosophy. It is the knowledge of the ultimate reality that goes beyond the material world and the ego.

Through a carefully curated programme that includes the study and practice of asana, pranayama, meditation, yoga history and philosophy, anatomy, and teaching methodology, the *Atma Vidya 200-hour Yoga Teacher Training Programme* will provide you with a comprehensive yoga education.

Many of the practices taught on the programme are rooted in the **Dharma Yoga** lineage, the teachings from Sri Dharma Mittra. A classical system of Hatha Raja Yoga. Both Gaia and Mark are certified Dharma Yoga teachers and Studio Jyotir in Milan where the training will be held, is a registered Dharma Yoga affiliate.

Two asana sequences will form the basis of your asana and teaching practice. There are two levels and both are suitable for self-practice or for teaching. Level One is a sequence that can be used to teach an open level class for beginner to intermediate students. Level Two will be used for teaching classes at an open or intermediate level

As well as exploring the physical postures and asanas that are associated with yoga we will explore the rich philosophical roots of yoga and concepts such as self-awareness and self-realisation. With expert guidance from **Gaia Bergamaschi**, you will be introduced to yoga's ancient teachings that have the power to illuminate your path towards a more meaningful and fulfilling life.

As you move along the path of Atma Vidya, you will quickly realise that yoga practice is much more than a physical practice, but a profound journey of self-awareness and personal growth. By cultivating a deep connection with your inner self and aligning it with the ancient wisdom of yoga, you will graduate from this program as a yoga teacher with a confident and informed teaching practice should you wish to teach or otherwise with a deeper knowledge and experience of yoga.

Atma Vidya 200 Hour Yoga Teacher Training Programme is registered with Yoga Alliance US and is certified by Yoga Alliance US. Teaching practice is a requirement of the programme and will be scheduled into most of the weekends that we meet, so that upon conclusion of the training, you will have taught both sequences in full, prior to the final teaching exam.

To ensure a supportive and engaging learning environment, there are a limited number of places. This allows for individualised attention and fosters a sense of community among students, that can lead to lasting friendships after the training.

Applications for the programme will be through an informal interview on **Zoom**.

Curriculum:

1. Yoga Philosophy and History Science (Italian)

- Understanding the evolution and principles of yoga philosophy
- Introduction to classical yoga texts (Yoga Sutras of Patanjali, Bhagavad Gita)
- Study of the eight limbs of yoga
- The science of yoga including the three bodies, 5 koshas, Nadi and Chakra system

2. Asana Practice (English/Italian)

- Practice and study of two sequences that I have developed
- Correct alignment, modifications, and adjustments
- Sequencing and structuring of asana classes
- Students will be provided with two asana sequences during the programme
- Pranayama (breathing techniques) and meditation practices
- Asana workshops covering inversions, back-bending, shoulder and hip mobility

3. Anatomy and Physiology: (Italian)

- Analysis and understanding of the key body systems relevant to yoga practice
- Understanding the physiological benefits and contraindications of yoga asanas
- Injury prevention and modifications for special populations

4. Teaching Methodology (English/Italian)

- Effective communication and demonstration skills
- Hands-on adjustments and modifications
- Class planning and sequencing
- Creating a safe and inclusive yoga environment

5. Yogic Lifestyle and Ethics (English/Italian)

- Exploration of yogic principles for daily life
- Ethics and professionalism in yoga teaching
- Practicing self-care and maintaining personal well-being

6. Teaching practice and Feedback (English/Italian)

- Opportunities for teaching practice with peers and students
- Constructive feedback and guidance
- Final evaluation and certification

